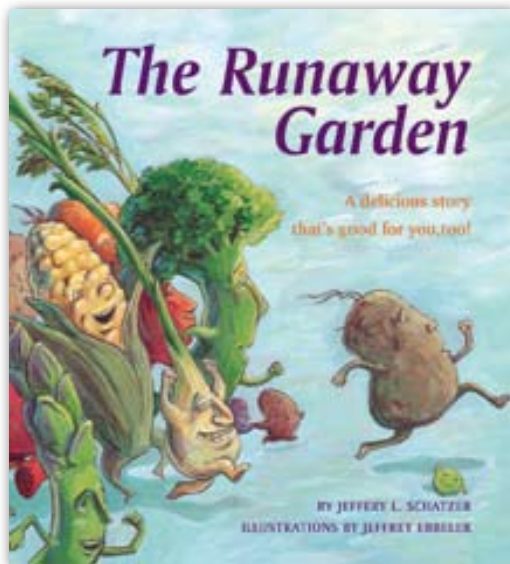


The Runaway Garden



written by **JEFFERY L. SCHATZER** illustrated by **JEFFREY EBBELER**

Activity Guide



created by **JEFFERY L. SCHATZER**

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Vegetable Songs



Adapted from songs on www.childfun.com

VEGETABLES (Sung to the Tune: “Mary Had a Little Lamb”)

We are pumpkins, big and round,
Big and round, big and round.
We are pumpkins, big and round,
Seated on the ground.

Then try the following:

We are string beans green and fine...growing strong upon a vine.
We are onions round and white...we make the soup taste right.
We are carrots, orange and long...help us sing this song.
We are cabbage green or red...see our funny, funny head.

THE VEGETABLE SONG (Sung to the Tune: “Twinkle, Twinkle Little Star”)

Carrots, Peas, and Broccoli,
Vegetables are good for me.
For my snack and in my lunch,
Veggie sticks are great to munch.
Carrots, Peas, and Broccoli
Vegetables are good for me.

THE GOOD FOOD SONG (Sung to the Tune: “Old MacDonald Had a Farm”)

Vegetables are good for me, EE I EE I O
And so I eat them happily, EE I EE I O
With a carrot, carrot here, and a carrot, carrot there
Here a carrot, there a carrot
Everywhere a carrot, carrot.
Vegetables are good for me, EE I EE I O.

(Children take turns naming vegetables that they like.)

Food Pyramid Soup



NAME _____

Find the words below in the soup of letters. Words can be left to right, right to left, top to bottom, or bottom to top.

S N A E B O N I O N G C E R X
V T L F M A E L P P A E N I P
B R I C E S D C L R R P N P E
D S E E G V W O R A N G E E T
H W B L R E W O L F I L U A C
R E T E A S T U N Z L S N C R
A E M R P M E A T B O R G H M
S T S Y E I C R G E C D E G U
P P N I S L X H L E C L B I E
B O I G A K C P M T O M A T O
E T A T S A P N Q S R W R U A
R A R D N A W O D J B C P A T
R T G I S T C H E E S E V C M
I O P A V E I K O R B E I L E
E S E I R R E B W A R T S Z A
S P N I C V X K S L I T N E L

- | | | | | |
|-------------|--------|---------|-------------|--------------|
| APPLE | CELERY | LENTILS | PASTA | RICE |
| BEANS | CHEESE | MEAT | PEAS | SPINACH |
| BEETS | EGGS | MILK | PEACH | STRAWBERRIES |
| BROCCOLI | FISH | OATMEAL | PEAR | SWEET POTATO |
| CAULIFLOWER | GRAINS | ONION | PINEAPPLE | TOMATO |
| CARROT | GRAPES | ORANGE | RASPBERRIES | |

Vegetable Scramble



NAME _____

Grandma chopped up some vegetables for dinner. All the letters in the vegetables got scrambled. Help her to unscramble the letters to make edible words.

RATROC _____

TOTPOA _____

NONOI _____

LICOCORB _____

GBABAEC _____

YREECL _____

COLWURFIELA _____

SHIDAR _____

RONC _____

SPPEPRE _____

CTUETLE _____

The Science of Plants



CAPILLARY ACTION

Plants need water to grow and produce food. Water helps transport nutrients to all parts of the plant. It also helps plants by filling up cells that help the plant to stand tall. That's why plants wilt when they aren't watered.

Plant roots draw water from the soil. In order to reach leaves and the top of the plant, water must move upward in the plant...defying gravity. This is accomplished through a phenomenon called capillary action. Water travels through long, slender tubes, called xylem, that run up the plant from the roots and through stems and leaves.

EXPERIMENT

1. Fill a glass about three-quarters of the way to the top with water.
2. Add a teaspoonful of food coloring to the water (blue or red is best), and thoroughly mix the coloring into the water.
3. Take a stalk of celery (with leaves is best) and have an adult cut about a half inch off the bottom.
4. Place the bottom of the stalk of celery in the water and food coloring mixture.
5. Let the stalk sit in the mixture overnight.

The Science of Plants continued



NAME _____

QUESTIONS AND DISCUSSION

1. After an overnight soak in the water and food coloring mixture, what happened to the celery?

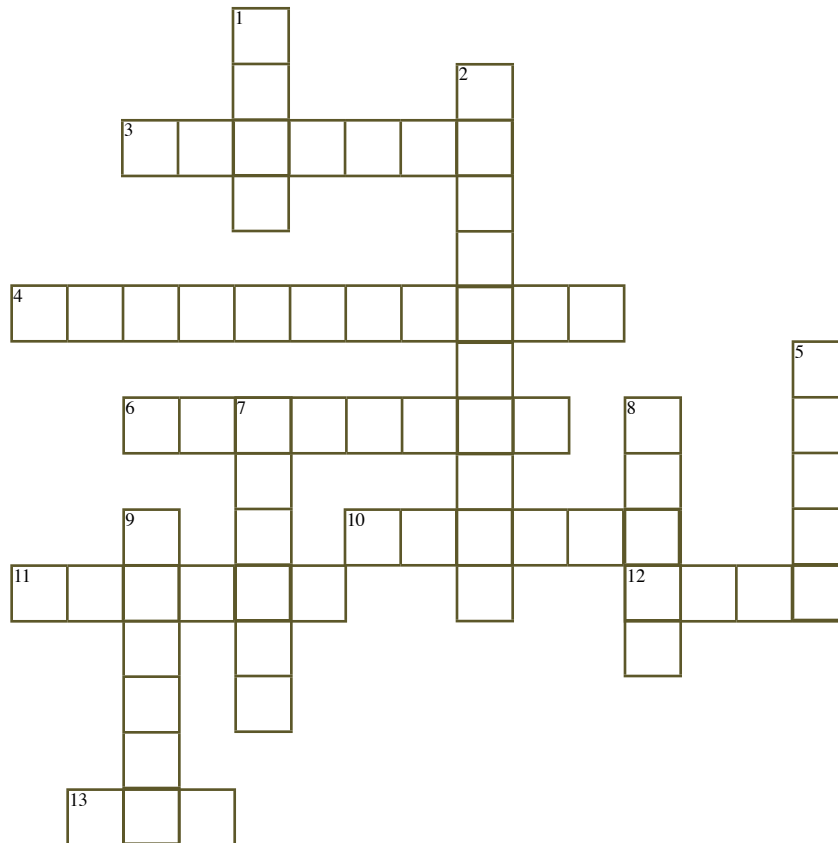
2. How do you know that water was carried to the top of the stalk of celery?

3. Take the celery stalk out of the water and food coloring mixture. Then, have an adult cut another half an inch off the bottom of the stalk. You will see small circles of color. These circles are the xylem, the slender tubes that carry water up the plant.

Veggie Crossword



NAME _____



ACROSS

3. Gardeners plant in the spring and do this in the fall
4. A white vegetable, its head has edible "flowers"
6. Pickles are made from this garden vegetable
10. An orange-colored vegetable that rabbits like to eat
11. A garden tool used for digging
12. The root stubs of potatoes
13. A tool used for cutting weeds out of the ground

DOWN

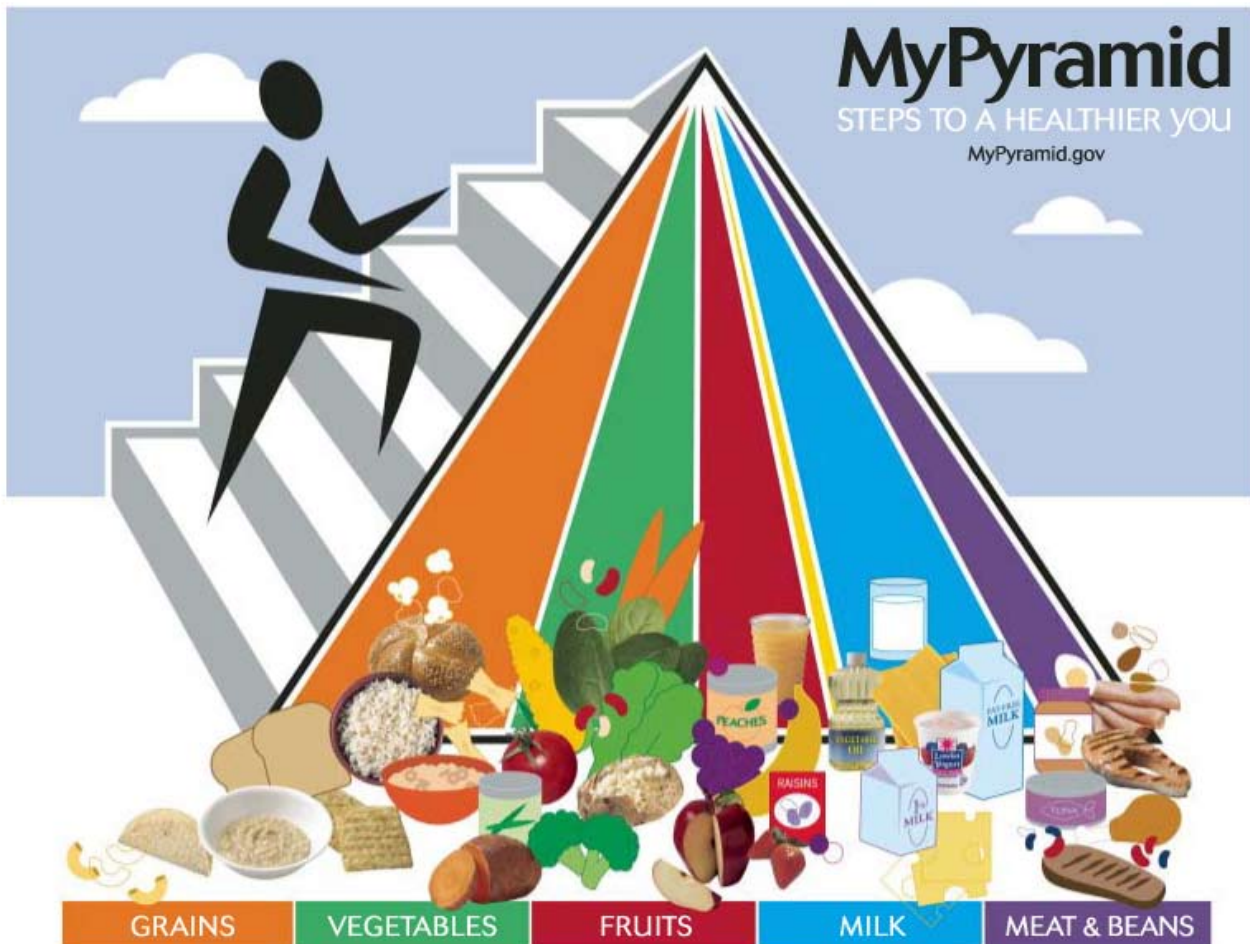
1. Native Americans called this vegetable maize
2. A red fruit that tastes good with shortcake
5. Unwanted plants in a garden
7. Long green vegetable that crunches when you bite into it
8. Along with sunlight and soil, gardens also need this
9. Not officially a vegetable, but a tuber

Food Pyramid Favorites



The food groups are part of a method of classification for the various types of food people consume in their everyday lives. Eating certain proportions of foods from the different categories from the food groups is recommended by most experts. Healthy eating is one of the most important ways to achieve a healthy lifestyle through diet.

To give you a picture of the different food groups that make up a healthy diet, the U.S. Department of Agriculture has released a Food Guide Pyramid. This graphic is available free of charge at <http://www.mypyramid.gov/downloads/MiniPoster.pdf>



Food Pyramid Favorites *continued*



NAME _____

GRAINS	VEGETABLES	FRUITS	MILK & DAIRY PRODUCTS	MEAT & BEANS

Farmer John's Produce Market



NAME _____

Farmer John grows wonderful fruits and vegetables. From his roadside stand Farmer John sells his produce. Help Farmer John figure out how much he should charge his customers.

1. Tomatoes sell 3 for \$1.00. A customer wants 9 tomatoes. How much should Farmer John charge the customer?

2. Farmer John sells apples for 25 cents apiece. A customer wants 7 apples. How much should the customer pay?

3. A customer gives Farmer John a \$5 bill for some fruit that costs \$3.50. How much change should Farmer John give the customer?

4. A customer wants 2 dozen ears of corn and 3 pounds of fresh asparagus. Corn sells for \$1.20 a dozen and asparagus sells for 75 cents a pound. How much should Farmer John charge?

5. Farmer John has cucumbers that he sells 2 for 60 cents. How much should Farmer John charge for 8 cucumbers?

Farmer John's Produce Market continued



NAME _____

6. A customer wants 2 heads of lettuce, 3 bunches of broccoli and 2 bags of onions. Farmer John charges 75 cents for each head of lettuce, 80 cents for a bunch of broccoli, and \$1.25 for a bag of onions. How much should the customer pay for his produce?

7. A customer wants 18 ears of corn. Farmer John charges \$1.20 for a dozen ears of corn. What should he charge this customer?

EXTRA CREDIT QUESTION

8. Farmer John offers a 15% discount to senior citizens. A retired customer wants to buy \$8.00 worth of produce. After the discount, how much should the customer pay?

Joking Around with Words



Q: What kind of hair does the Atlantic Ocean have?

A: Wavy hair

This joke is an example of a pun. A pun is defined as play on words that have similar sounds but different meanings. In this example, the pun uses the two meanings of “wavy” to create the joke—“wavy” hair and “wavy” water.

Many puns are based on homonyms or homographs.

- A homonym is a word with the same pronunciation as another, but a different meaning, origin or spelling. Some homonyms are:

To, Too, Two

Tail, Tale

See, Sea

- A homograph is a specific type of homonym. It is a word with the same spelling as another but with a different meaning or origin. In some cases homographs are pronounced differently. Some homographs are:

Ruler (used to measure length) / Ruler (king or leader)

Bow (to bend) / Bow (the front of a ship) / Bow (a decorative knot usually made of ribbon)

Leaves (departs) / Leaves (flat, thin parts of a plant usually growing from the stem)

Joking Around with Words continued



NAME _____

Fun with homographs—answer the following questions with homonyms:

1. What is something used with a hammer or a part of your finger or toe?

2. What is a toy that spins or the opposite of bottom?

3. What is a word that means “correct” or the opposite of left?

4. What is difficult or the opposite of soft?

5. What is a young goat or a child?

6. What is a strong light or someone who is smart?

7. What is something that boxers do in a fight or a fruit-flavored drink?

8. What is a place with picnic tables and something you do with your car?

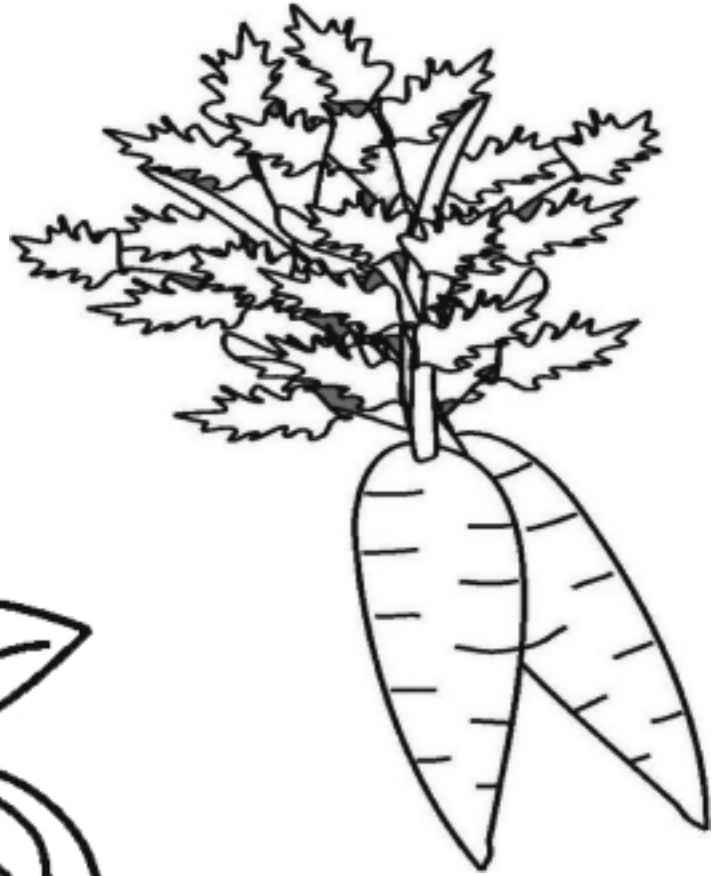
9. What is a baseball player who throws the ball or a container for liquids?

10. What is attached to the bottom of your leg or 12 inches?

Edible Coloring Pages



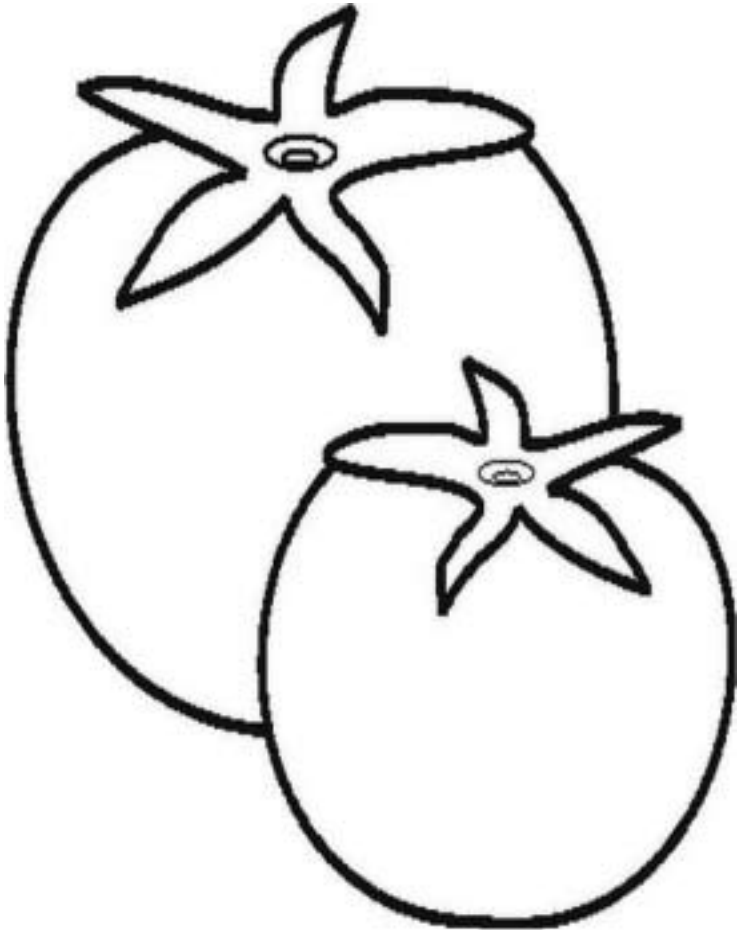
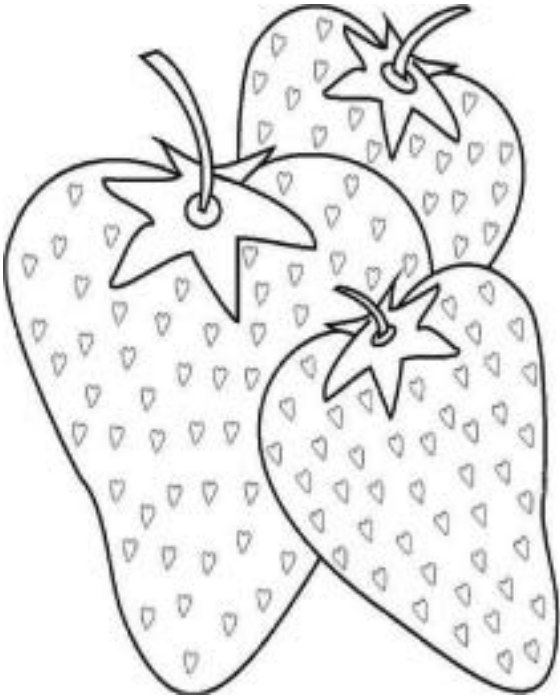
NAME _____



Edible Coloring Pages continued



NAME _____



Cool Web Sites



http://funschool.kaboose.com/formula-fusion/games/game_food_groups.html

A fun food game and lots of activities

<http://childfun.com/>

Plenty of crafts, games and wonderful educational information for kids

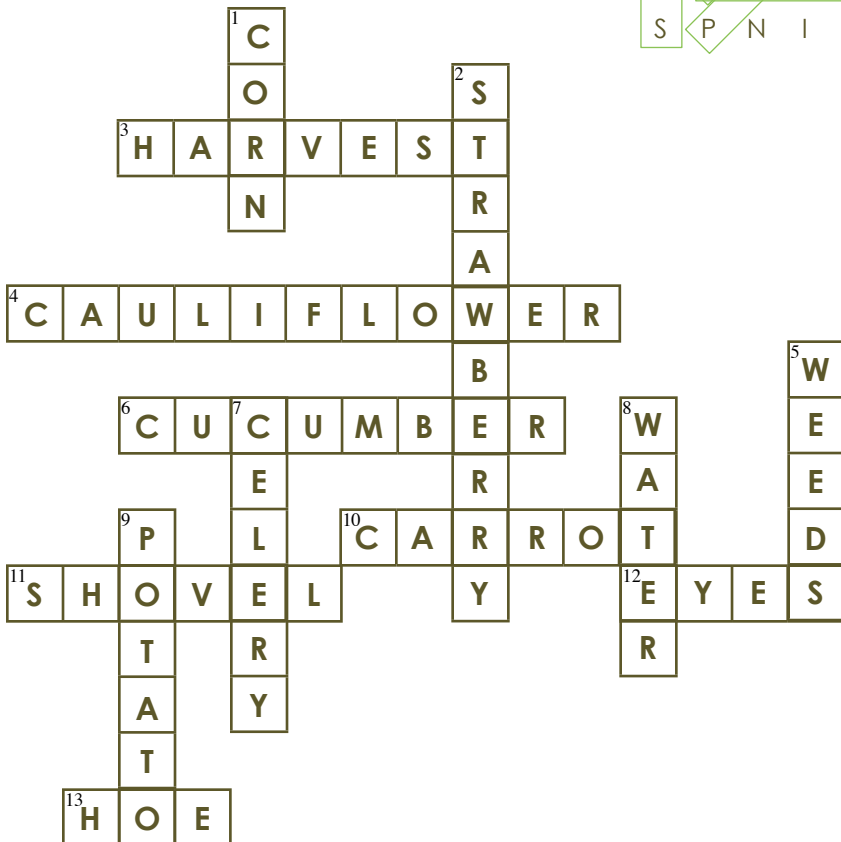
<http://www.kidshealth.org/kid/>

Fun and educational stuff for healthy kids

<http://www.mypyramid.gov/downloads/MiniPoster.pdf>

A downloadable version of the food group pyramid

Answer Key



Answer Key

continued



VEGETABLE SCRAMBLE:

RATROC	CARROT
TOTPOA	POTATO
NONOI	ONION
LICOCORB	BROCCOLI
GBABAEC	CABBAGE
YREECL	CELERY
COLWURFIELA	CAULIFLOWER
SHIDAR	RADISH
RONC	CORN
SPPEPRE	PEPPERS
CTUETLE	LETTUCE

JOKING AROUND WITH WORDS:

1. Nail
2. Top
3. Right
4. Hard
5. Kid
6. Bright
7. Punch
8. Park
9. Pitcher
10. Ruler

FARMER JOHN'S PRODUCE MARKET:

1. \$3.00
2. \$1.75
3. \$1.50
4. \$4.65
5. \$2.40
6. \$6.40
7. \$1.80
8. \$6.60